



Child Psychological Services

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Executive Function Checklist¹

In the past six months, my child has demonstrated the following....

- Has difficulty paying attention
- Is easily distracted
- Requires many reminders to stay on task
- Finds it difficult to set goals
- Seems to struggle making decisions
- Has trouble identifying where to start on assignments
- Focuses on either details or the big picture at the expense of the other
- Has difficulty getting started on tasks, often seems to procrastinate
- Struggles to comprehend how much time a project will take to complete
- Takes longer than peers to complete homework and other tasks
- Needs numerous prompts from adults to stay on task
- Loses track of time or assignment due dates
- Forgets to turn in completed homework
- Struggles with keeping track of needed materials; often leaves materials at home or school
- Finds checking his/her work very difficult (and may not do it at all)
- Has trouble following multi-step directions
- Forgets what he/she is saying or doing in the middle of a task
- Gets frustrated with changes in schedule or unusual routines
- Has difficulty shifting from one activity to another (especially when the rules/task demands change)
- Struggles with shifting between information that is literal vs. figurative, past vs. present, etc.
- Gets stuck on parts of tasks and can't move forward
- Seems to have difficulty controlling impulses, will say or do things without thinking about them first
- Is easily frustrated
- Often talks out of turn and/or interrupts others' conversations

¹ Developed from materials published by The National Center for Learning Disabilities

² Endorsement of items on this checklist does not constitute a diagnosis